



BULLETIN:

Child and Adult Care Food Program

Child & Adult Care Centers,
Emergency Shelters, OSHC, &
Sponsors of Family Day Care Homes

www.education.alaska.gov/tls/cnp

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To: CACFP Agencies
CACFP Program Reviewers

Date: December 1, 2016

From: Ann-Marie Martin
CACFP Coordinator

Bulletin: 2017-02

Program changes as a result of USDA Policy Memos and Technical Assistance Memos are to be implemented immediately. Please file this bulletin for reference, guidance and compliance with the Child and Adult Care Food Program. Feel free to call the Child Nutrition Programs office if you need further clarification.

USDA Policy Memos

1. CACFP 04-2017 Area Eligibility in Child Nutrition Programs

Bulletin Topics

2. Milk substitution list December 2016
3. Article: Hidden Food Stress in the United States
4. ICN Mealtime Memo: Outdoor Playtime is the Best Time – Winter Play

1. CACFP 04-2017 Area Eligibility in Child Nutrition Programs

This memorandum revises guidance on the use of school and census data to establish area eligibility in CACFP, SFSP and NSLP. The guidance is the same as has already been provided in separate policy memos for CACFP. One new CACFP allowance for sponsors of family day care homes is allowing state agencies to approve the categorization of family day care homes as Tier I by using weighted average of three adjacent community block groups. Sponsors need to provide the state agency with all the back-up documentation in order for approval to take place.

2. Milk substitution list December 2016

There is an additional brand of milk substitution added to the state approved list. PediaSure 1.5 Cal Liquid Vanilla and with Fiber are sometimes prescribed by a medical authority for pediatric patients who are at risk for malnutrition and require a higher caloric density or have fluid restrictions. This meets the CACFP milk requirements. Please find the updated list of allowable substitutions with this bulletin at <http://education.alaska.gov/tls/cnp/CACFP4.html>.

3. Article: Hidden Food Stress in the United States

If you wonder why you work so hard to provide healthy meals to the children or participants in your care I'd like to remind you how much your efforts mean to families. When families know their children or elders will have a healthy meal(s) during the day it relieves some stress for them. Your

agency is receiving federal funds to provide well balanced meals and we are always encouraging you to offer the highest quality foods possible. Here is an article from Children's HealthWatch:

Children's HealthWatch <http://childrenshealthwatch.org/hidden-food-stress-in-the-united-states/>

John Cook, PhD, M.A.Ed October 27, 2016

A family sits around a table enjoying dinner. There is enough food tonight so that everyone in the household will go to bed well-fed, but the mother lies awake wondering how she will afford next week's groceries. This experience of stress is hidden to those around her. She knows that her children need nutritious foods to grow and resolves to either find the resources necessary to afford food or cut back, and use some of the "food stretching" strategies she learned from her mother, so her children are spared from the pains of hunger. The stress of uncertain food access for this mother and so many other people across the country is overwhelming, yet largely overlooked.

The United States Department of Agriculture reported that 16.6 percent of households with children and 16.9 percent of households with children under age six experienced food insecurity in 2015. This estimate, however, does not include families like the one described in this vignette, who, though categorized as food secure, have reasons to be worried about their access to food, a condition referred to as being "marginally food secure." These families are underreported in national survey datasets as they are categorized as food secure. We know, though, from Children's HealthWatch research that [marginal food security](#) is linked with negative health and development outcomes for children and bad health status and depressive symptoms among mothers. And if you study the survey results carefully, and know where to look, and how to interpret the data, you can determine that 4.42 million households with children were marginally food secure in 2015, and more than 18 million people lived in those households, including 8.33 million children.

In our first report card in a series on food security in the United States, we examine trends in food security status over time paying special attention to marginal food security, which we refer to as [hidden food stress](#). By counting families experiencing hidden food stress, we aim to highlight the lived experiences of families facing economic hardships and the harsh realities of stress many families face.

Hidden food stress, however, is ameliorable; it can be fixed through positive policy changes including:

1. Reporting more clearly on marginal food security in national datasets in order to Ensuring workers earn living wages and people have access to food and other assistance programs that provide the consistent resources necessary for family necessities including food, housing, utilities, and child care.
2. Helping families afford healthful foods and making fresh, affordable foods widely available.
3. Increasing the SNAP benefit to reflect the real cost of a healthy diet by switching from the Thrifty Food Plan to the Low Cost Food Plan as the basis for benefit calculations.

4. better understand the magnitude of the issue and identify solutions for reducing food stressors.

Reducing hidden food stress and ensuring families are hunger-free is achievable. This on-going series of report cards will examine the state of food security among households with young children and provide research findings that will inform policy solutions. Our nation's children deserve to grow up in families where no one worries about whether or not food will run out. A healthy future for children and their families is possible through comprehensive policy prescriptions that eliminate food insecurity, even at the mildest levels.

4. Mealtime Memo: Outdoor Playtime is the Best Time – Winter Play

This month's Mealtime Memo focuses on how important outdoor playtime is. You can find the Mealtime Memo at the CACFP Bulletins page: <http://education.alaska.gov/tls/cnp/CACFP4.html>.

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Commonly Used Acronyms

CACFP – Child and Adult Care Food Program
CNP – Child Nutrition Programs
FNS – Food & Nutrition Services
FNSRO-Food & Nut Services Reg. Office
USDA – U.S. Department of Agriculture
LEA – Local Education Authority
DEC – Department of Conservation

All attachments for this bulletin can be found on the State of Alaska Child Nutrition Programs, CACFP Bulletins page: <http://education.alaska.gov/tls/cnp/CACFP4.html>.

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